verilux®
The Healthy Lighting Company® Est. 1956

HappyLight®
Energy Lamp

USER INSTRUCTIONS
ITM./ART. 571391

VT03
Model: VT03

verilux®
The Healthy Lighting Company® Est. 1956

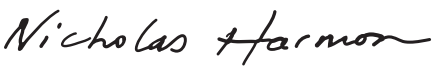
Dear Customer,

Thank you for purchasing the Verilux HappyLight® Energy Lamp. You have received an innovative and quality manufactured product, backed by a one year limited warranty.

This product brings Natural Spectrum® Daylight into your home or office. Many other healthy lighting products are available through our catalog and online. Visit us on the web at www.verilux.com to request a free catalog and learn more about all our quality Verilux products, or call our toll-free number 1-800-454-4408.

As a Verilux customer, your satisfaction means everything to us. We look forward to serving you now and in the future.

Have a Bright Day!



Nicholas Harmon
President, Verilux, Inc.

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READ ALL INSTRUCTIONS BEFORE USING

Important Safeguards

⚠ DANGER:

- Do not operate this device near a water source to avoid electrocution.

⚠WARNING:

- Do not use with power supply voltage other than 120 VAC.
- Do not defeat the safety purpose of the polarized plug. A polarized plug has two blades with one wider than the other. The wider blade is provided for your safety. If the provided plug does not fit in your outlet, consult an electrician for replacement of the obsolete outlet.
- Close supervision is recommended when these lamps are used by or near children, or others who may not understand the need for these precautions.
- Do not operate lamp in close proximity to flammable or combustible vapors, such as aerosol spray products, or where oxygen is being administered.
- To prevent risk of shock or personal injury when cleaning lamp, make sure you have turned off and unplugged the lamp, and allowed sufficient time for the bulb to cool.
- If this lamp has been damaged in any way, for example, the power supply cord or plug has been damaged, liquid has been spilled or objects have fallen onto the lamp, the lamp has been exposed to rain or moisture, the lamp does not operate normally or has been dropped, it should not be operated. There are no user serviceable parts in this lamp.
- Do not block vents. Vents are neccessary for proper function of the electronic ballast; blocking them may cause overheating of the electronics and increase risk of fire.

⚠CAUTION:

- Different people react differently to the light from energy lamps. Follow directions for device pretest on page 5 prior to use.
- These lamps are for indoor use only.
- Do not place this lamp near any heat sources such as radiators, heat registers, stoves or other apparatus (including amplifiers) that produce heat.
- Avoid placing this lamp in areas that are exposed to direct sunlight or close to heat-radiating products such as heaters. Do not place the lamp on the top of appliances that radiate heat.
- Protect the power cord from being walked on or pinched, particularly at plugs, convenience receptacles and the point where the power cord exits the lamp.
- Unplug lamp during lightning storms or when unused for long periods.
- Avoid placing the lamp in areas that are dusty, humid/moist, lack ventilation or are subject to constant vibration.

⚠CAUTION: — continued

- This lamp is not for use with light dimmers, timers, motion detectors, voltage transformers or extension cords.
- Do not leave the lamp unattended during use.
- Do not use a lubricating agent in bulb assembly.
- Light bulbs get hot quickly! Do not touch the bulb while the lamp is on.
- Use only the type of bulb and maximum wattage indicated by Verilux®.
- Never cover the lamp or place anything on top of it when it is in operation.
- Disconnect lamp from outlet prior to repeating the bulb installation process.

SAVE THESE INSTRUCTIONS

Features

Your new Verilux HappyLight® Energy Lamp is a remarkable product with many features and benefits:

- Delivers Natural Spectrum® Daylight to your home, office, dorm room or apartment with no dangerous ultraviolet (UV) wavelengths.
- Has up to 4,500 LUX of bright Natural Spectrum light per unit to lift spirits, sharpen concentration and improve energy levels.
- Activates your body's own energy enhancers to make you more alert and productive.
- Is designed with a compact shape and small footprint to make it easy to place in a convenient location.
- Includes an energy efficient, cool burning 36 Watt 10,000 hour bulb.
- Comes equipped with a convenient on-off power switch on cord.
- Includes best-in-class power system with electronic ballast and patented Flicker Elimination Technology® to assure no-buzz operation and instant-on, flicker-free illumination.

Device Pretest

To help determine if user has sensitivity to light treatment it is recommended that the user perform this pretest upon first use of this device:

Step 1 - Place the lamp about 18 inches from your face and turn it on **(do not look directly into the lamp)**.

Step 2 - Operate lamp for approximately 10 minutes and turn it off. If any discomfort is felt, discontinue use of the lamp and consult a doctor. If no discomfort is felt, for subsequent use, the user may want to gradually decrease the distance from the face and increase time used which results in increased lamp intensity for maximum effect. The user should determine if any discomfort is felt after each use and make only incremental changes to the time used and location with each session.

Operation

Selecting a Location

- Place your Verilux® HappyLight® Energy Lamp on a table or other flat surface.
- For best performance, place the HappyLight between 5 and 24 inches from your face.

⚠CAUTION: *Avoid placing this lamp in areas that are exposed to direct sunlight or close to heat-radiating products such as heaters. Do not place the lamp on the top of appliances that radiate heat.*

⚠WARNING: DO NOT BLOCK VENTS

Vents are necessary for proper function of the electronic ballast; blocking them may cause overheating of the electronics and increase risk of fire.

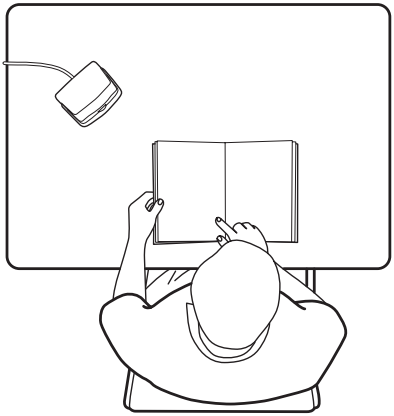
Instructions for Use

Use consists of sitting close to the HappyLight Energy Lamp with your eyes open. While staying oriented toward the light, feel free to engage in other activities such as reading, writing, hobbies and crafts, sewing, needlepoint, applying make-up, painting or working at your computer or desk.

1. Turn on the lamp and allow a few minutes for the bulb to achieve full brightness.

2. The HappyLight Energy Lamp should be positioned as close as 5 inches, but within 24 inches from your face, and should be slightly offset from center (see diagram). *Note: Do not look directly into the lamp.*

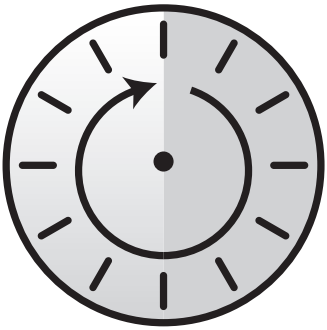
3. Recommend switching on high setting for morning and low setting in the afternoon.



The light from the HappyLight Energy Lamp must be directed at your eyes; therefore, your eyes must be open to achieve the full benefit. *Note: Tinted glasses reduce the amount of light reaching your eyes.*

When you are feeling sluggish and lethargic, spend more time with the light, sit closer to the light or add more lighting devices to increase the intensity. If you experience edginess, or are over stimulated, move the light further away or reduce usage time.

Minimum Recommended Usage



30 minutes
to
1 hour*

Researchers at the National Institute of Health demonstrated that white light, in a range of 2,500 to 10,000 LUX (a measurement of light intensity), helped to reverse the symptoms of “Winter Blues”.

Different exposure strategies work for different people. We all have different reactions to our environment. It is important to establish a distance and schedule that is comfortable for you. We recommend you use the light regularly and at about the same time each day. It is not necessary to sit in front of the lamp continuously. You can divide the time into several mini sessions. Continue to use the HappyLight® daily to feel an improvement in your mood and activity level.

When you are feeling sluggish and lethargic, spend more time with the light, sit closer to the light or add more lighting devices to increase the intensity. If you feel a sort of edginess, as though you have drank too much coffee, then it may be time to turn the unit off.

* Recommended exposure time is a function of output and distance. Individual results may vary.

Bulb Removal and Replacement

Your HappyLight® uses a bulb manufactured only by Verilux®. To order a replacement bulb, please call Verilux, toll-free at 1-800-454-4408.

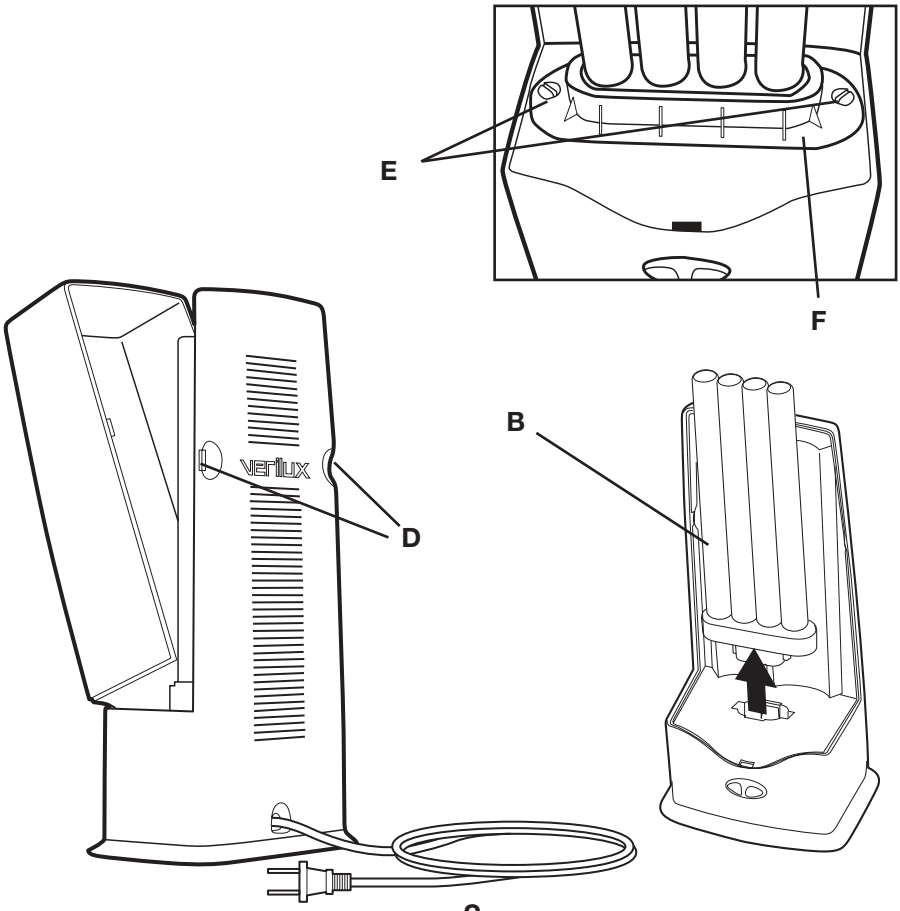
To Replace the Bulb:

1. Unplug the lamp from power outlet.

2. To access the bulb, remove the plastic diffuser by pressing the tabs (D) and lifting out the diffuser.

3. Using a standard screwdriver, remove the two screws (E) which secure the bracket. Remove the bracket (F).

4. Remove the bulb (B) by holding the base and pulling straight up.



Bulb Removal and Replacement — continued

Re-installing Bulb and Plastic Diffuser

1. Insert bulb into lamp by firmly holding bulb base and pushing down until you hear a “snap” to seat properly.

2. Re-install the bracket using the screws (E) you previously removed.

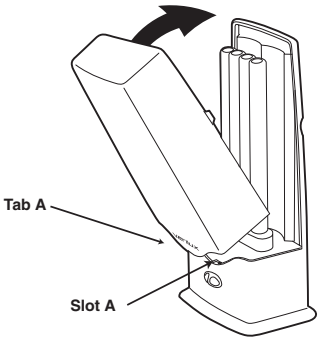
3. To attach the plastic diffuser to the lamp body, loosely insert **Tab A** into **Slot A**.

4. Insert one diffuser corner at a time.

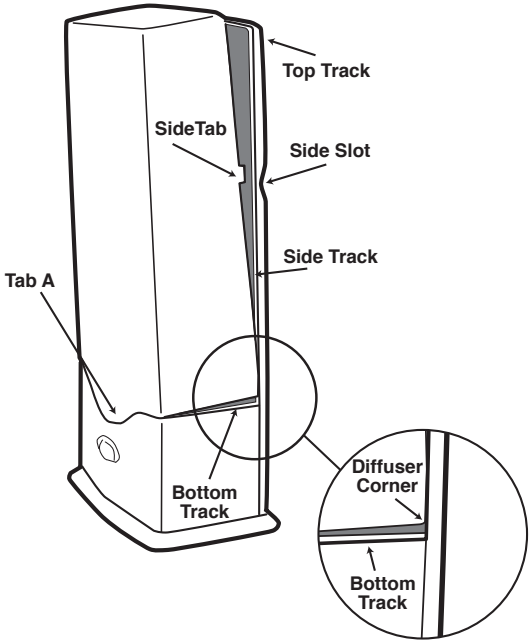
5. Work one diffuser corner into the side track and slide gently down into place into the bottom track.

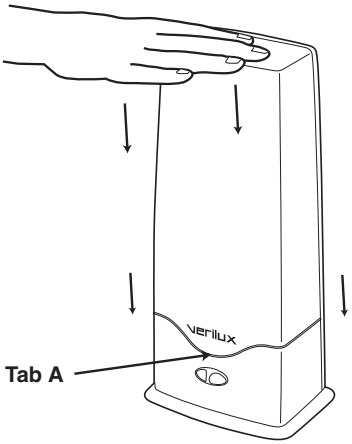
6. Snap side tab into place (side slot). Entire side of lens should be seated into the track.

7. Repeat for other side of diffuser. *Note alignment of diffuser corner into side track.*



8. Firmly push diffuser down until **Tab A** snaps into place. Align top of diffuser in top track as necessary.





Troubleshooting

Before requesting service on your Verilux® lamp, please read the following:

- Make sure all power connectors, cords and plugs are inserted fully and securely.
- Be sure the bulb is securely seated in the socket (see pages 8 and 9).
- Make sure there is power to the wall outlet or try another outlet – one that is not connected to a dimmer.

PROBLEM	CHECK	SOLUTION
Light Won't Come On	Has the plug come loose?	Insert plug securely into wall outlet.
	Is the bulb old?	Check bulb for blackening/darkening at bottom of spiral where it joins the base (an indicator of bulb life) and replace bulb.
	Is the bulb connected securely into socket?	Be sure the bulb is securely seated into socket, repeat the bulb installation process.
Blackening/Darkening at Ends of Bulb	Is the bulb new?	Sometimes when a new bulb is turned on for the first time the tube will darken, but this will fade after a few minutes.
	Is the bulb old?	With older bulbs, darkening of the tube indicates end of bulb life (this doesn't affect operation except to reduce the amount of light available since the phosphor in that area has become inactive). Bulb replacement is recommended.
Light Flickers	Has the plug come loose?	Insert plug securely into wall outlet.
	Is the bulb connected securely to the socket?	Be sure the bulb is securely seated into the socket, repeat the bulb installation process. ⚠CAUTION: DISCONNECT LAMP FROM OUTLET PRIOR TO REPEATING THE BULB INSTALLATION PROCESS.
	Is the lamp connected to a dimmer switch?	Connect lamp plug only to wall outlet without dimmer switch.

Care and Cleaning

Your Verilux lamp is made from high quality materials that will last for many years with minimum of care.

Clean only with a soft dry cloth – DO NOT USE SOLVENTS OR CLEANERS CONTAINING ABRASIVES OR AMMONIA.

> ⚠**WARNING:** To prevent risk of shock or personal injury when cleaning lamp, make sure you have turned off and unplugged the lamp, and allow sufficient time for the bulb to cool.

Technical Specifications

HappyLight® Energy Lamp

Environment

Operating Temperature: 15 to 35°C (56 to 95°F)

Storage Temperature: 0 to 40°C (32 to 104°F)

Relative Humidity: 5 to 95% non-condensing

Bulb

Replacement bulb: 36 Watt 10,000 hour bulb.
Replace with Verilux® brand only, Model number CFML36VLX by calling 1-800-454-4408 or visiting www.verilux.com.

Power

Input Power: 120 VAC, 60Hz, 0.50 A

UL Listed in Canada and the USA

One Year Limited Warranty

ATTENTION! ONCE OPENED, PLEASE **DO NOT** RETURN THIS PRODUCT TO THE STORE WHERE IT WAS PURCHASED FOR REPAIR OR REPLACEMENT!

Many questions may be answered by visiting www.verilux.com, or you may call our Customer Service Department at 1-800-786-6850 during normal business hours.

This limited warranty is provided by: Verilux, Inc., 340 Mad River Park, Waitsfield, VT 05673

Verilux warrants this product to be free from defects in material and workmanship for a period of one year from the date of the original retail purchase from Verilux or an authorized Verilux distributor. **Proof of purchase is required for all warranty claims.** During the limited warranty period, Verilux, Inc. will, at its option, repair or replace defective parts of this product, at no charge to the customer, subject to the following limitations: This limited warranty does not include any postage, freight, handling, insurance or delivery fees. This warranty does not cover damage, defect or failure caused by or resulting from accident, external destruction, alteration, modification, abuse, misuse or misapplication of this product.

This warranty does not cover damage to the product resulting from return shipping or handling. The use of shipping insurance is recommended to help protect your product.

Return Authorization is required for all returns. To obtain a Return Authorization, please contact the Verilux Customer Service Department at 1-800-786-6850.

If, during the first year of ownership, this product fails to operate properly, it should be returned as specified at www.verilux.com/warrantyreplacement or as instructed by a Verilux customer service representative at 1-800-786-6850.

Note: *Verilux recommends using a quality surge suppressor on all electronics equipment. Voltage variations and spikes can damage electronic components in any system. A quality suppressor can eliminate the vast majority of failures attributed to surges and may be purchased at electronics stores.*

Due to ongoing improvements, actual product may have slight variations from the product described in this manual.

Please visit our website at: www.verilux.com or call our Customer Service Department at

1-800-786-6850

Representatives are available Monday — Friday, 9am — 5pm EST

verilux®

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